

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention Program

Issue 54

October 2004



Great American Smokeout

The 28th annual American Cancer Society's Great American Smokeout is coming up on November 18. Here is a look at some of the many activities planned this month:

- ♦ **BREATHE Youth Task Force** is staging an event to raise awareness about secondhand smoke using a car, baby dolls, car seats and a fog machine. The car will be parked in the Clark County Health Department parking lot on November 17 beginning at 4 PM. A Pediatrician and the Clark County Health Officer have been invited to speak at the event. *Contact: James Kissee, 360.397.8214*
- ♦ **Rock Creek Center Dance** November 5, from 7-10. Tobacco prevention radio ads, wrist bracelets, give-aways and banners will all be part of the tobacco prevention theme. *Contact: Laila Goldring 509.427.9478.*
- ♦ **Hudson's Bay High School**, students will organize lunch-time activities for the student body including signing "pledge to be smoke-free" posters, and playing Smoker's Roulette. They will also distribute quit kits and hospital bracelets to wear in remembrance of someone affected by tobacco use. *Contact: Fae Jackson 360.313.4524*
- ♦ **Community Wellness Rendezvous**, November 13, 11-5 PM, Dolce Skamania Lodge, Stevenson. Includes display with information about the Tobacco Free Coalition of Skamania County, MASH, the Tobacco Quit Line and free quit kits. *Contact: Tammara Tippel, Dolce Skamania Lodge, 509.427.2513*
- ♦ **Dolce Skamania Lodge Stop Smoking promotion for employees.** Month of November. Includes paycheck flyers, Quit Line matches, mints, coffee cups, free quit kits. Also, "Break the Chain" hospital bracelet worn to help raise awareness of the number of people affected by tobacco. *Contact: Tammara Tippel, 509.427.2513*
- ♦ **Skamania retail establishments** will distribute Quit Line materials during November. Grocery and convenience stores, taverns, gas stations and coffee bars will hand out Quit Line matches, mints, cards and pens. *Contact: James Lanz 360.397.8416*
- ♦ **Stevenson High School's MASH group** has activities planned in the school and community. *Contact: Heather Hoffberger 509.427.5631*
- ♦ **Wind River Middle School** will have a tobacco prevention display, banners, and give-aways. *Contact: Colleen Wahto, RN 509.427.7055*
- ♦ **Skamania School and Mt. Pleasant School** will hand out Great American Smokeout bags with tobacco prevention and Quit Line materials including coloring books, lollipops, stickers. Quit Line cards and handbills will also be distributed to students for their families. *Contact: Colleen Wahto, RN 509.427.7055*
- ♦ **Free Quit Kits** distributed at DSHS office, Rock Creek Center, Skamania County Health Department and the Skamania County Juvenile Department.

All school districts will participate. The American Cancer Society started the Great American Smokeout as an annual day to spotlight the dangers of smoking and challenge people to quit using tobacco. www.cancer.org

Study Shows Carcinogens Eliminated by Smoke-Free

The level of cancer-causing particles is much higher in the air of smoke-filled bars and casinos than on truck-choked highways and city streets, according to the first published comparison of indoor air quality before and after smoke-free workplace legislation. The study, conducted in a casino, six bars and a pool hall in Wilmington, Delaware, is published in the September 2004 *Journal of Occupational & Environmental Medicine*. "This research clearly shows that it is far worse for your health to be a bartender or casino dealer in a smoking-permitted establishment than it is to be a turnpike toll collector," says James L. Repace, MSc., the study's author. "These workers breathe an average of 90% cleaner air after a smoke-free workplace law." (www.rwif.org)

State Smoking Rate Make a Dramatic Drop

The number of smokers in Washington has dropped 12% since the launch of the State Tobacco Prevention and Control Program in 2000. That translates into about 115,000 fewer smokers statewide according to the Washington State Department of Health (DOH). "We have successfully reduced smoking rates in Washington, so people can live longer, healthier lives," said Governor Gary Locke. "Everyone benefits from Washington's Tobacco Prevention and Control Program – not only those who have quit using tobacco, but those who won't start and all of us who have to pay for tobacco-related healthcare costs." The Tobacco Prevention and Control Program has also been successful in reducing the number of youth who start smoking. Since the program began, there are 53,000 fewer youth smoking. *Contact: Tim Church, DOH Communications Office 360.236.4077 (DOH press release, 11/21/04)*

BREATHE Member Appointed to O2 Board

Congratulations to BREATHE member Michael Brown who was recently appointed as a new board member of O2 magazine. O2 magazine is seeking entries from youth for its holiday issue. Deadline is December 1. Entries can be submitted on-line to: o2editor@u.washington.edu

A Uniform Definition of "Smoke-Free"

When a magazine or a newspaper reviews a restaurant and calls it smoke-free that doesn't always mean you can be assured secondhand smoke won't be present. According to the state definition: "For a restaurant, other entertainment establishment, private club, or lodging facility to be considered smoke-free, smoking must be prohibited throughout the entire establishment. This includes any bar, lounge, seating/waiting area, or any other public indoor space on the premises*. Establishments with indoor areas that are physically separated with walls, closed doors or ventilation systems that permit smoking anywhere on the premises will not be considered smoke-free."

*In some instances smoking may occur in outdoor areas such as patios and/or outdoor waiting areas. As long as smoking is prohibited at all times in all indoor areas of the business, it will be considered smoke-free. In an effort to establish a uniform definition, the Secondhand Smoke Task Force has notified local print media and restaurants about the state definition guidelines. In addition, packets are sent to restaurants planning to open in Clark County to encourage smoke-free business and provide rationale for smoke-free workplaces. *Contact: Theresa Cross, 360.397.8215 x3178*

BREATHE Receives CARE Award

BREATHE Youth Task Force took home another CARE (Commitment, Action, Results, Excellence) award for increasing community awareness about how secondhand smoke hurts children. They organized three community awareness events in conjunction with the Great American Smokeout, Kick Butts Day, and World No Tobacco Day 2002. They also worked with the cities of Ridgefield and Battle Ground to implement Voluntary Smoke Free Parks signage, and trained over 300 youth from across the state on working with their local communities to do the same. BREATHE members include: Kara Bickford, Michael Brown, Bre Anna Dupuis, Michelle Gee, Joe Jenkins, Kim Kent, Corrine Meyer, Kelsey Quinn, and Courtney Tinsay. The CARE awards are sponsored by the Clark County Mental Health and Substance Abuse Advisory Boards.



Clark County Health Department
2000 Fort Vancouver Way
Vancouver, WA 98663

Volunteer Needed to Teach Cessation Classes

Affordable Community Environments is seeking a volunteer trained in tobacco cessation and willing to teach a cessation class for interested residents at their affordable housing development. They have two housing projects in Orchards that are located side-by-side: Covington Commons and Cascadia Village. If interested in this volunteer opportunity, please *contact: Denise Stone at 360.597.0088.*

First TEG Class is a Ripple of Success

Three students ages 11-14 graduated from the first community Tobacco Education Group (TEG) class with their parents. TEG is intended for adolescents who need intervention with their tobacco use and it provides an alternative to suspending students for tobacco use and/or possession. The target group for this class are youth who do not attend school as well as youth who do not have a tobacco intervention program at their school. "We had a small but very successful class," said Sherri Boylan, Tobacco Cessation Specialist with ESD 112. "As a result of the class, two of the three students have quit smoking and the third has signed up for the Tobacco Awareness Program (TAP) a voluntary cessation class. One of the parents who attended the class with their child quit smoking, one is planning on attending the TAP class with their child and one additional adult is in the process of quitting and may attend the TAP class." There is no charge for attending and the classes are open to all adolescents who need this program but can not get it at their school. The next class is **11/18**: TAP (cessation) class for students at ESD 112, 4:30 - 6:30 PM in the Skamania room. This is a four-week class (two hours per week) for students who are ready to set a quit date. *Contact: Sherri Boylan 360.750.7500*

Tobacco Quit Line
877-270-STOP
toll-free 7 8 6 7
QUITLINE.COM

Students Create Tobacco Action Plans at Schools

Youth learned how to create change concerning tobacco in their communities and schools during a fun and interactive tobacco training workshop this month. Sixty two youth and 20 adults attended the training led by Kenya Masala, a nationally known facilitator and motivator. The group learned about tobacco facts, working with government, developing a plan of action, and how to create a media message. Each group left with a plan to create change in their school or community. Some ideas the groups came up with include working with casinos in La Center to get rid of the vending machines and put cigarettes behind the counter. Heritage High School students will try to eliminate their "smokers corner," Battle Ground High School students plan to support youth who need help quitting, work with the administration to enforce tobacco laws on campus and increase support groups for youth. Mountain View High School youth will work with their administration to create a smoke-free campus and enforce existing youth possession laws. Lewis and Clark High School students plan to increase tobacco awareness among fellow students and administrators, Washougal High School youth plan to increase tobacco awareness at school, Evergreen High School students will create school assemblies that promote a positive messages about tobacco prevention, and Hudson's Bay High School students will produce anti-tobacco videos and hold a community school forum to air tobacco prevention messages.

Erin Wilson to Leave ACS

Good bye and good luck to Erin Wilson who will be leaving the American Cancer Society October 27 to continue her master's degree at Portland State. The ACS is already in the process of hiring for this position. In the meantime, if you need materials contact: *Jef Black at 503.795.3913 or jef.black@cancer.org*

We Need Your E-mail Address

You have only two more months to sign up for the new electronic Tobacco Tid-Bits. This newsletter will become an E-newsletter in January of 2005. An e-mail version of the newsletter will save on printing and postage costs and allow us to broaden our readership. We are gathering e-mail addresses now for our distribution list. If you would like to continue receiving this publication please send your e-mail address to: Theresa Cross: Theresa.Cross@clark.wa.gov Do it now before you forget!

CALENDAR OF EVENTS

- 10/26** Skamania County Great American Smokeout committee, 3:30 PM Rock Creek Center. Contact: James Lanz: 360.397.8416
- 11/03** BREATHE Youth Task Force meeting, 3:30 PM, Clark County Health Department. Contact: James Kisse, 360.397.8214
- 11/04** Schools Task Force meeting, 7:30 -9 AM, Clark County Health Department, Garden Conference room
Contact: Deb Drandoff ESD 112, 360.750.7500 x303
- 11/05** Secondhand Smoke Task Force meeting, 1:30-3:00 PM, Clark County Health Department, Garden Conference room.
Contact: Theresa Cross, 360.397.8215 x3178
- 11/18** TAP (cessation) class, 4:30 - 6:30 PM in the Skamania room. Four-week class for ESD 112 students.
Contact: Sherri Boylan 360.750.7500 x133
- 11/18** American Cancer Society's Great American Smokeout. www.cancer.org See article for details on local events.
- 12/2** Cessation Task Force meeting, 2:30-4:00 PM, Clark County Health Department, Garden Conference room.
Contact: James Lanz: 360.397.8416

Please let us know about your upcoming tobacco-related events so we can post them here